Personal Arbaeen Journal

A journal for prayers, purpose, and growth

Arbaeen 2018/1440

AL-KISA FOUNDATION

UNDER THE CLOAK OF GUIDANCE AND MERCY

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Recommended Duas & Dhikr while Walking

Repeat and reflect upon the various words of remembrance as you walk:

لَا إِلٰهَ إِلَّا ٱللهُ مُحَمَّدٌ رَسُولُ ٱللهِ

laa ilaaha illAllah, Muhammadun rasoolullah

There is no God but Allah, Muhammad is the Messenger of Allah

أستغفر الله

astaghfirullah

I seek forgiveness from Allah

الله أكبر

Allahu akbar

Allah is Great

سبحان الله

subhanAllah

Glory be to Allah

اللهم صل على محمد وال محمد

Allahumma salli 'alaa Muhammadin wa aali Muhammad

O Allah, (please do) send blessings to Muhammad and the Household of Muhammad,

Itinerary

Wednesday

Thursday

Friday

Saturday

Sunday

Itinerary

Monday

Tuesday

Arbaeen

Wednesday

Thursday

Friday

Ayatollah Sistani's Advice to Pilgrims on the Occasion of Arbaeen

Please read (and highlight, underline, annotate) for yourself.
This advice was specifically written for you:

Praise belongs to Allah and peace and benedictions of Allah be upon our master, Muhammad and his pure progeny.

It is befitting for believers whom Allah has granted success to perform pilgrimage, to note that Allah, the Exalted, selected prophets and their noble successors from amongst His servants to be divine proofs and authority over people and that whose teachings people should follow to be guided aright.

Allah has encouraged people to visit the sacred sites so that those infallible leaders are continuously remembered and held in reverence. Since those nobles are the best examples of servitude to Allah, the Glorified and jihad in His way and sacrifice for the cause of His everlasting religion, visiting their shrines, commemorating them and narrating their stories will remind the memeneen of Allah, the Exalted, His doctrines and injunctions.

Hence, one of the essentials of this pilgrimage that the pilgrim, in addition to remembering Imam Hussein's sacrifices and devotion in the way of Allah, the Exalted, observes the teachings of Islam including those relating to prayer, hijab, self-reform, selflessness and moral etiquette etc. so that his pilgrimage may be a step towards developing and training the soul for accepting these and consolidating their effects until the next pilgrimage.

It is only by so doing that attending these ceremonies will be practically the same as attending the lessons of the Imam, peace be upon him.

In fact, we have not been in the time of the Ahlul-Bayt (A.S) to learn from them directly and be educated by them, but Allah, the Exalted, has preserved their conducts for us and has persuaded us to visit them as our role models. As the contemporaries of the Ahlul-Bayt (A.S) lived with them and were put to test, Allah also wants to test us as to how far we are sincere in our desire to live with them and follow their teachings.

As the contemporaries of the Ahlul-Bayt (A.S) lived with them and were put to test, Allah also wants to test us as to how far we are sincere in our desire to live with them and

follow their teachings.

Hence, we must be careful lest we should not falsely desire to see them. We must know that if we act as per their advice, it is hoped that we shall be resurrected along with their friends. Because it has been reported that Imam Ali (A.S) said in the Battle of Jamal:

"Today we are accompanied by those who are still in the loins of their fathers and uteruses of their mothers."

Therefore, it is not difficult for each of us who cherishes the hope to act according to the teachings of the Ahlul-Bayt and obey them to be educated in accord with their educational methods and benefit from their manners.

Fear Allah in relation to your prayers. As stated in the hadith, it is the pillar of your religion and the ascension of the believer, if it is accepted, all other acts will be accepted and if it is rejected, all other acts of worship will also be rejected.

It is befitting for believers to offer their prayers on time because Allah loves those who rush to prayer as soon as they hear the call for it. It is not appropriate for a believer to engage in any other acts of worship in the prime for prayer because prayer is the best form of obedience to Allah.

It is has been narrated from the Ahlul-Bayt, peace be upon them, that they said:

"Our intercession (with Allah) will not be won or attained by that person who depreciates or undervalues the prayer."

About Imam Hussein's special attention to prayer on the Day of Ashura, it has been reported that he told his companion who reminded him of the prime time for the prayer:

"You reminded me of prayer, may Allah include you amongst those who are conscious of (their duty to) prayer."

Then and there he established prayer under a rain of arrows.

Fear Allah in sincerity inasmuch as the value and barakah of one's deeds depends on how far he is sincere in performing them for Allah'ssake. Because Allah will not accept any deeds which are not purely for Him.It has been narrated from the Holy Prophet (S) that he said during Muslims' emigration from Mecca to Medina:

"Whoever migrates for the sake of Allah and His Messenger, he has migrated to Him and whoever migrates to make worldly gains, he has migrated to the world. Allah will reward sincere deeds to the extent that it will increase to seven hundred folds and He doubles the

rewards for whomsoever He wants."

Hence, it is necessary on the pilgrims to remember Allah and recite zikr of Allah and be mindful of every step and every deed to be for Allah's sake. They should know that Allah has not bestowed anyone with a blessing so precious as sincerity in belief, sayings and conducts. An act which is devoid of sincerity ends with the end of life in this world whereas a since act will be lasting and blessed in this world and the hereafter.

Fear Allah in observing modest clothing which is amongst the most important thing that the Ahlul-Bayt (A.S) heeded to even in the most difficult circumstances and they were the best role models in terms of observing modest clothing. Imam Hussein (A.S) was not hurt as much as he was hurt by the enemy due to violation of his dignity and respect.

It is, therefore, necessary for all pilgrims especially ladies to observe modesty in their conducts, clothing and appearance and to avoid whatever is deemed a violation of this e.g. wearing close-fitting clothes, mixing up in an abominable way with members of the opposite gender and wearing inadmissible jewelry. In fact, it is befitting for believers that in order for them to keep the sacred ceremony untainted, they have to, as far as possible, adhere to the highest levels of modesty.

We pray to Almighty Allah to elevate the position of Prophet Muhammad, peace be upon him and his descendants, and his pure family (A.S), due to the sacrifices they made in the way of Allah and their efforts to guide His creatures.

May He increase salawat (greeting) and blessings on them as He has sent greetings to previous prophets especially Ibrahim and his family.

We also pray to Allah to bestow barakah upon the pilgrimage of the pilgrims of Imam Hussein, peace be upon him and accept it in the best way as He accepts the deeds of His noble servants so that they may, through their lifestyle and deeds in this pilgrimage, be a role model for others for the rest of their lives and be rewarded for their love of and obedience to the household of the Prophet (A.S) and for preaching his mission.

Let's hope that on the Day of Judgment when everyone of the people are called with his Imam, they (pilgrims) are called with the Ahlul-Bayt (A.S) and that those who are martyred in this way, they are, due to their sacrifices and the sufferings which they have gone through, resurrected with Hussein, peace be upon him and his friends. Verily, He is all Hearing, Ever Responsive.

Ayatollah Sistani

Spiritual Itinerary

Now

Check in with yourself. Spiritually, where are you now? What are your feelings before the walk? What are the spiritual sicknesses you see in yourself that you want to heal? What are you struggling with? Write 10 issues you see in yourself.

Spiritual Itinerary
After

Imam Ja'far As-Sadiq (as) said: "If one of our Shia goes for Imam Husain's (as) Ziarat, then he will not return but all his sins will be forgiven. For every step that he or his mount takes, 1,000 virtues are written for him, 1,000 sins are forgiven and his status is elevated by a 1,000 degrees".
(Bihar Al-Anwar)

Imagine your best self. Spiritually, where do you want to be? How do you want to be when you return? What advice do you think the Imams will give you? What is the growth and healing you want to achieve?

Initial Letter to the Imam

Suggestion: Write a letter to one (or more than one) of the Imams, and state your intentions for coming to visit them. Remember the spiritual goals you set and ask them for support.

Will

Imam Ali (a.s.) said, "Get ready for death and its difficulties, plan for it before it comes, and prepare for it before it descends."
(Nahj al-Balagha, Saying 190)

Debts

Missed Prayers

Missed Fasts

Additional:

Set Goals

In addition to the daily goals you make for the Arbaeen journey, try to make some overall goals - things that you really want to try but know you won't be able to do every single day. This may be something that you just want to do once throughout the entire journey, or every other day.

Examples: 1. Stay up an entire night at the haram, 2. Purchase/Serve fruit to your fellow pilgrims on behalf of someone who couldn't be there with you or on behalf of the Imam, 3. Give someone a massage, 4. Pray a 2 rak'at salaat on behalf of those who've passed away, etc.

Goal Description	Date/s	
	Proposed	Completed

Goal Tracker

For the pilgrimage from Imam Ali (a.s.) to Imam Husayn (a.s.), create some realistic goals for yourself to maintain daily throughout your ziyarah journey. Color in the minaret for each day you complete your goals.

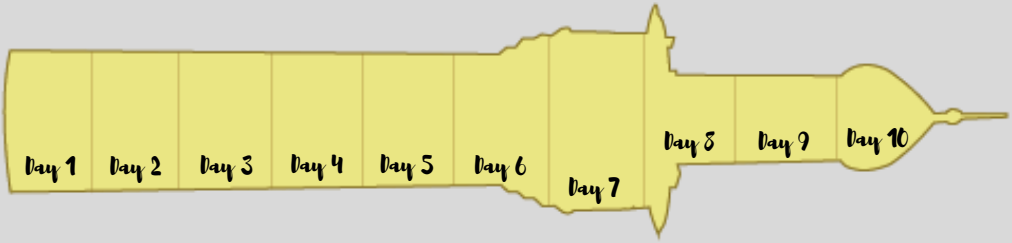
-

Please note: These should be spiritual (including akhlaqi) goals with the intention of becoming closer to Allah.

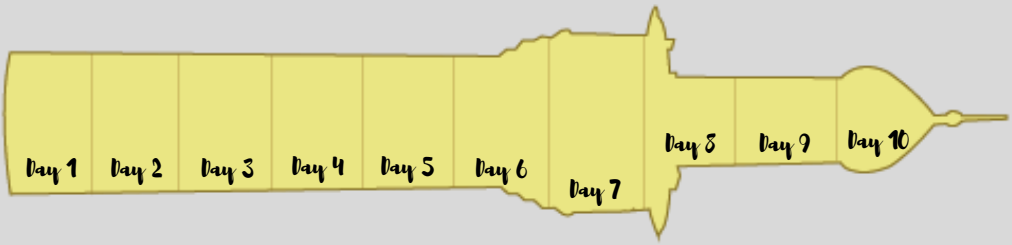
For example: Dua 'Ahd every Fajr, Salatul Layl, Ziyarat Ashura 1x a day, Every time that I feel impatient I say to myself "Innallaha ma'asabireen (surely Allah is with the patient)," Help someone in my caravan or a fellow pilgrim, etc.

Goal Tracker

Goal #2:



Goal #2:



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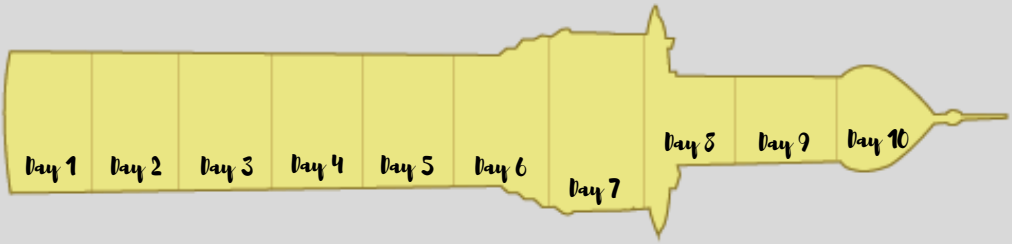
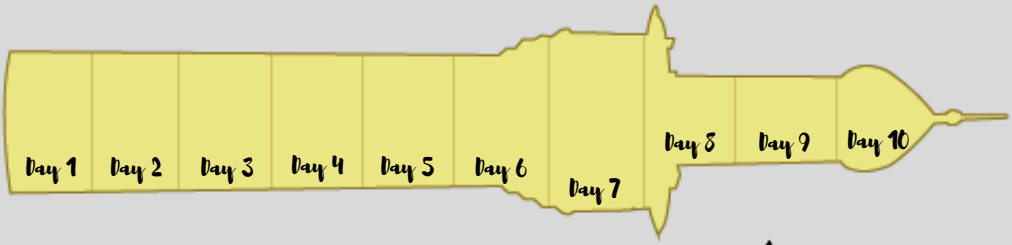


Goal #2:



Day 1

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

space to continue

Reflections on goals and advice to self

Day 1

○ Completed goal tracker?

Day 2

Journal

Reflection Questions

Why do you think the Ahle Bayt have placed so much emphasis on making this pilgrimate multiple times a year?

Why is it that not making this pilgrimage reduces one's life span according to traditions?

Why are such great rewards given for making the pilgrimage on foot?

Reflections on goals and advice to self

Day 2

○ Completed goal tracker?

Day 3

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

Reflections on goals and advice to self

Day 3

○ Completed goal tracker?

Day 4

Journal

Reflection Questions

Why have they made Arbaeen the meeting place of millions of pilgrims?

What other factor besides Imam Husayn ('a) can bring such power to the Islamic nation?

How will the epic of Arbaeen change history?

Reflections on goals and advice to self

Day 4

○ Completed goal tracker?

Day 5: Mid-Journey Reflection

Reflections on goals and advice to self

Day 5

○ Completed goal tracker?

Day 6

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

Reflections on goals and advice to self

Day 6

○ Completed goal tracker?

Day 7

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

Reflections on goals and advice to self

Day 7

○ Completed goal tracker?

Day 8

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

Reflections on goals and advice to self

Day 8

○ Completed goal tracker?

Day 9

Journal

Reflection Questions

What principles of Imam Husayn (a.s.) do you resonate with?

What do you see on the walk?

What are you walking for?

What can I do to prepare for our present Imam's return?

Reflections on goals and advice to self

Day 9

○ Completed goal tracker?

Closing Reflections

Dear Lady ------( ),

tear out and put in flowing water or drop off at haram ⤾

Dear Lady ------( ),

tear out and put in flowing water or drop off at haram ⤾

Dear Imam _____( ),

tear out and put in flowing water or drop off at haram

Dear Imam _____( ),

tear out and put in flowing water or drop off at haram

Dear ,

Dear ,

Dear ,

Dear ,

Dear ,

Dear ,

Dua'a List

Please pray for the Imam (ajf) to reappear.

Friends

Family

Ummah

Please recite Surah Al-Fatiha for the families of those who designed, edited, looked over, and supported the making of this journal.

Personal

Invocation for the Advent of the Imam of the Age (atfs)

بِسْمِ اللَّهِ الرَّحْمٰنِ الرَّحِيمِ

إِلَهِيْ عَظُمَ الْبَلَاءُ
وَبَرِحَ الْخَفَاءُ

وَانْكَشَفَ الْغِطَاءُ
وَانْقَطَعَ الرَّجَاءُ

وَضَاقَتِ الْأَرْضُ
وَمُنِعَتِ السَّمَاءُ

وَأَنْتَ الْمُسْتَعَانُ
وَإِلَيْكَ الْمُشْتَكَى

وَ عَلَيْكَ الْمُعَوَّلُ فِيْ
الشِّدَّةِ وَالرَّخَاءِ،

اَللَّهُمَّ صَلِّ عَلَى
مُحَمَّدٍ وَّآلِ مُحَمَّدٍ

أُوْلِي الْأَمْرِ الَّذِيْنَ
فَرَضْتَ عَلَيْنَا
طَاعَتَهُمْ
فَعَرَّفْتَنَا بِذٰلِكَ
مَنْزِلَتَهُم

O my God, ordeal has become immeasurable.

The hidden has become exposed. The covered has been disclosed.

The earth has become narrow (despite its vastness).

The sky has been prevented (from giving its blessings).

And to You, O my Lord, is the complaint.

Upon You is the reliance in hardships and leisure.

O Allah, (please do) send blessings upon Mu¦ammad and his Household, the obedience to whom has been made obligatory upon us by You,

and whose (special) rank has been thus made known for us by You, (please do) relieve our ordeals for their sake

Invocation for the Advent of the Imam of the Age (atfs)

وَ عَرِّفْتَنَا بِذَالِكَ مَنْزِلَتَهُمْ ، فَفَرِّجْ عَنَّا بِحَقِّهِمْ فَرَجاً عَاجِلاً قَرِيْباً كَلَمْحِ الْبَصَرِ أَوْ هُوَ أَقْرَبُ

and let there be joy after sorrow for us, for their sake, right away, in the twinkle of an eye, more rapidly than that.

يَامُحَمَّدُ يَاعَلِيُّ يَاعَلِيُّ يَامُحَمَّدُ

O Muhammad, O Ali, O Ali, O Muhammad,

كْفِيَانِيْ فَإِنَّكُمَا كَافِيَانِ وَانْصُرَانِيْ فَإِنَّكُمَا نَاصِرَانِ

Give me enough, because both of you provide sufficiently. Help me, because both of you help and protect.

يَامَوْلَانَا يَاصَاحِبَ الزَّمَانِ

O our master, O the living Imam,

اَلْغَوْثَ اَلْغَوْثَ اَلْغَوْثَ أَدْرِكْنِيْ أَدْرِكْنِيْ أَدْرِكْنِيْ

HELP! HELP! HELP! Reach me! Reach me! Reach me!

اَلسَّاعَةَ اَلسَّاعَةَ اَلسَّاعَةَ اَلْعَجَلَ اَلْعَجَلَ اَلْعَجَلَ

At once, in this hour. Be quick, be quick, be quick,

يَا أَرْحَمَ لرَّاحِمِيْنَ بِحَقِّ مُحَمَّدٍ وَّآلِهِ الطَّا هِرِيْنَ

O the most merciful, for the sake of Muhammad and his pure children.

Ziyarat Arbaeen

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

اَلسَّلاَمُ عَلَىٰ وَلِيِّ ٱللَّهِ وَحَبِيبِهِ

Peace be upon the intimate friend of Allah, and His beloved!

اَلسَّلاَمُ عَلَىٰ خَلِيلِ ٱللَّهِ وَنَجِيبِهِ

Peace be upon the close friend of Allah, and His confidant!

أَلسَّلاَمُ عَلىٰ صَفِيِّ اللهِ وَابْنِ صَفِيِّهِ

Peace be upon the choicest confidant of Allah, and the son of the choicest confidant [of Allah].

أَلسَّلاَمُ عَلىٰ الْحُسَيْنِ الْمَظْلُومِ الشَّهِيدِ،

Peace be upon Husayn, the oppressed, the martyr.

أَلسَّلاَمُ عَلىٰ أَسِيرِ الْكُرُبَاتِ وَقَتِيلِ الْعَبَرَاتِ

Peace be upon the hostage surrounded by the tightening circle of sorrow and grief, killed by a horde of savages.

أَللَّهُمَّ إِنِّي أَشْهَدُ أَنَّهُ وَلِيُّكَ وَابْنُ وَلِيِّكَ وَصَفِيُّكَ وَابْنُ صَفِيِّكَ الْفَائِزُ بِكَرَامَتِكَ، أَكْرَمْتَهُ بِالشَّهَادَةِ وَحَبَوْتَهُ بِالسَّعَادَةِ، وَأَجْتَبَيْتَهُ بِطِيبِ الْوِلاَدَةِ ،وَجَعَلْتَهُ سَيِّداً مِنَ السَّادَةِ، وَقَائِداً مِنَ الْقَادَةِ، وَذَائِداً مِنَ الذَّادَةِ، وَأَعْطَيْتَهُ مَوَارِيثَ الأَنْبِيَاءِ

O Allah! I give witness that beyond a shadow of doubt he is Your favourite and choicest confidant, who enjoys Your confidence and favour, precisely like his father. You looked to him and elected him in Your cause, picked him and chose him for the good fortune, selected for him the best purified parents. appointed him as a guardian, a leader, and a defender of rights, a true representative (inheritor and progenitor) of guardians, leaders, and defenders of rights,

Ziyarat Arbaeen

فَأَعْذَرَ فِي الدُّعَاءِ
وَمَنَحَ النُّصْحَ، وَبَذَلَ
مُهْجَتَهُ فِيكَ لِيَسْتَنْقِذَ
عِبَادَكَ مِنَ الْجَهَالَةِ
،وَحَيْرَةِ الضَّلاَلَةِ

He met with deadly dangers, acted justly and fairly, made use of everything belonging to him to pay full attention to give sincere advice; took pains, made every effort, and put his heart, mind, soul and life at the disposal of Thy mission to liberate the people from the yoke of ignorance and the evil of bewilderment.

وَقَدْ تَوازَرَ عَلَيْهِ مَنْ
غَرَّتْهُ الدُّنْيَا، وَبَاعَ حَظَّهُ
بِالأَرْذَلِ الأَدْنَى،
وَشَرَى آخِرَتَهُ بِالثَّمَنِ
الأَوْكَسِ، وَتَغَطْرَسَ
وَتَرَدّى فِي هَوَاهُ،
وَأَسْخَطَكَ وَأَسْخَطَ
نَبِيَّكَ، وَأَطَاعَ مِنْ
عِبَادِكَ أَهْلَ الشِّقَاقِ
وَالنِّفَاقِ وَحَمَلَةَ
الأَوْزَارِ الْمُسْتَوْجِبِينَ
النَّارَ، فَجَاهَدَهُمْ فِيكَ
صَابِراً مُحْتَسِباً حَتَّى
سُفِكَ فِي طَاعَتِكَ
دَمُهُ وَاسْتُبِيحَ حَرِيمُ

But an evildoer, deceived with empty hopes of mean and worthless worldly gains, had pressed heavily on him, and sold out his share (of the eternal bliss) for the meanest and a lowest bargain, betrayed his “Day of Judgment” for a vulgar return, took pride in insolence, fell into the fathom-well of his own base desires, provoked You and Your Prophet to anger, did as the harsh discordant, the hypocrite, the heavily burdened bearers of sin, condemned to Hellfire, advised to him, however, he (the Imam), steadily, rightly and justly coped with them, until in Your obedience, gave his life after which his family was set adrift

أَللَّهُمَّ فَالْعَنْهُمْ لَعْناً
وَبِيلاً وَعَذِّبْهُمْ عَذَاباً
أَلِيماً

O Allah, therefore, condemn them to hell as a denunciation and conviction; and crack down on them with a painful punishment.

Ziyarat Arbaeen

اَلسَّلامُ عَلَيْكَ يَا ابْنَ رَسُولِ اللهِ، اَلسَّلامُ عَلَيْكَ يَا ابْنَ سَيِّدِ الأَوْصِيَاءِ،

Peace be upon you O the son of the Messenger of Allah! Peace be upon you O the son of the first of the successors (of the Holy Prophet)

أَشْهَدُ اَنَّكَ اَمِينُ اللهِ وَابْنُ اَمِينِهِ،

I bear witness that Allah put faith in you like He had full confidence in your father,

عِشْتَ سَعِيداً وَمَضَيْتَ حَمِيداً وَمُتَّ فَقِيداً مَظْلُوماً شَهِيداً

and that you always looked for and collected good and virtue, lived a highly praiseworthy life, and departed from this world a martyr, forsaken and abused;

وَأَشْهَدُ أَنَّ اللهِ مُنْجِزٌ مَا وَعَدَكَ، وَمُهْلِكٌ مَنْ خَذَلَكَ، وَمُعَذِّبٌ مَنْ قَتَلَكَ

And I bear witness that Allah will promptly fulfill the promise He made to you, and destroy those who left you helpless and punish those who killed you;

وَأَشْهَدُ أَنَّكَ وَفَيْتَ بِعَهْدِ اللهِ وَجَاهَدْتَ فِي سَبِيلِهِ حَتَّى أَتَاكَ الْيَقِينُ فَلَعَنَ اللهُ مَنْ قَتَلَكَ، ، وَلَعَنَ اللهُ مَنْ ظَلَمَكَ، وَلَعَنَ اللهُ أُمَّةً سَمِعَتْ بِذَلِكَ فَرَضِيَتْ بِهِ

And I bear witness that you kept your promise made with Allah, and strived in His way until what was certain came upon you, so curse of Allah be on those who killed you, and curse of Allah be on those who oppressed you, and curse of Allah be on the people who came to know of it and approved (of all of it).

Ziyarat Arbaeen

أَللَّـهُمَّ إِنِّي أُشْهِدُكَ أَنِّي وَلِيٌّ لِمَنْ وَالاَهُ وَعَدُوٌّ لِمَنْ عَادَاهُ

O Allah be my witness that I make friends with those who love him and oppose those who deny him.

بِأَبِي أَنْتَ وَأُمّي يَا بْنَ رَسُولِ اللهِ

May my father and mother be sacrificed for you O the son of the Messenger of Allah.

أَشْهَدُ اَنَّكَ كُنْتَ نُوراً فِي الأَصْلاَبِ الشَّامِخَةِ وَالأَرْحَامِ الْمُطَهَّرَةِ، لَمْ تُنَجِّسْكَ الْجَاهِلِيَّةُ بِاَنْجَاسِهَا وَلَمْ تُلْبِسْكَ الْمُدْلَهِمَّاتُ مِنْ ثِيَابِها، وأَشْهَدُ أَنَّكَ مِنْ دَعَائِمِ الدِّينِ وأَرْكَانِ الْمُسْلِمِينَ وَمَعْقِلِ الْمُؤْمِنِينَ

I know and bear witness that you were a Divinely-inspired light in the sublime loins and in the pure wombs, never touched you the dirt of ignorance, nor ever obscurity concealed you in its folds; I bear witness that you are the pillar of the religion - support of the Muslims, refuge of the faithful;

وَاَشْهَدُ اَنَّكَ الإِمَامُ الْبَرُّ التَّقِيُّ الرَّضِيُّ الزَّكِيُّ الْهَادِيُ الْمَهْدِيُ

I bear witness that you are a truthful, well-aware, content, intelligent, rightly guided guide (Imam);

وَاَشْهَدُ اَنَّ الأئِمَّةَ مِنْ وُلْدِكَ كَلِمَةُ التَّقْوى وَأعْلامُ الْهُدى وَالْعُرْوَةُ الْوُثْقى، وَالْحُجَّةُ على أَهْلِ الدُّنْيا

I bear witness that the Imams among your descendants are the symbols of “conscious piety” and signs of “true guidance”, the “safe handle”- Islam - and the decisive arguments over mankind;

Ziyarat Arbaeen

وأَشْهَدُ أنّي بِكُمْ
مُؤْمِنٌ وَبِإيابِكُمْ،
مُوقِنٌ بِشَرايِعِ ديني
وَخَواتيمِ عَمَلي،
وَقَلْبي لِقَلْبِكُمْ سِلْمٌ
وَأَمْرِي لِأَمْرِكُمْ مُتَّبِعٌ
وَنُصْرَتي لَكُمْ مُعَدَّةٌ
حَتّى يَأْذَنَ اللهِ لَكُمْ،
فَمَعَكُمْ مَعَكُمْ لا مَعَ
عَدُوِّكُمْ

I declare positively that I have full faith in you, and I know for certain that you will return. I am fully committed to the laws of my religion and certain of my deeds, my mind and heart ready for your return and my affairs carried out in the light of your instructions, until Allah gives you permission, together with you - along with you, and not with your enemies.

صَلَواتُ اللهِ عَلَيْكُمْ
وَعلى أرْواحِكُمْ
وَأجْسادِكُمْ وَشاهِدِكُمْ
وَغائِبِكُمْ وَظاهِرِكُمْ
وَباطِنِكُمْ آمينَ رَبَّ
الْعالِمين

Blessings of Allah be upon you, and upon your souls, and upon your bodies, and when you are present, and when you are absent, and upon your perceivable aspects, and upon your innermost genius, be it so, O Lord of the worlds!

Useful Arabic Phrases

Add more words as you learn them!

Bathroom	hammaam	*Hot*	haar
Water	maa'	*Cold*	baarid
Bottled water	maa' mu'allib	*Breakfast*	futoor
Where is...	ayn / feyn	*Lunch*	ghada
To the left	ilal yasaar	*Dinner*	'asha
To the right	ilal yameen	*Bed*	firaash
Hotel	funduq	*Pillow*	mukhadda
Tent	khayma	*Blanket*	battaaniyya
Thank you	shukran	*Bag*	shanta/kees
No	laa	*Wait*	intadhir
Yes	na'am	*Next*	ba'ad
Bread	khubz	*Up*	fawq
I need...	ahtaaj...	*Down*	taht
Doctor	tabeeb/doktor	*Move*	taqaddam
I'm sick	ana mareedh	*Line*	qataar
Emergency	is'aaf	*Please*	law samaht
Get away	rooh 'annee	*Behind*	wara
Not good	mish/mo kwayyis	*Front*	amaama
I don't know	laa adree	*Inside*	daakhil

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